

Undergraduate Catalog of Courses

Volume 2019 2019-2020

Article 46

7-1-2019

Psychology

Saint Mary's College of California

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Recommended Citation

Saint Mary's College of California (2019) "Psychology," *Undergraduate Catalog of Courses*: Vol. 2019 , Article 46.
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PSYCHOLOGY

The major in psychology is a four-year program leading to a Bachelor of Science degree. Students majoring in psychology are introduced to a spectrum of psychological theories, experiments and problems within the context of a liberal arts college. Although there is considerable breadth in the Department of Psychology's course offerings, an orientation embracing both research and application is emphasized. Psychology majors having earned their Bachelor's degrees are prepared for many different endeavors. For example, they may pursue further study at the graduate level; become involved with the work of counseling centers, elementary and secondary schools, or youth authority facilities; earn a credential in early childhood education and/or in special education; or pursue a career in human resource management. Psychology is also an excellent preparation for careers in law, medicine or business.

FACULTY

Emily Hause, PhD, Associate Professor, Chair
 Mark S. Barajas, PhD, Assistant Professor
 Lynnyonne D. Cotton, PhD, Associate Professor
 Elena A. Escalera, PhD, Professor
 José A. Feito, PhD, Professor
 Hiroko Nakano, PhD, Professor
 Keith H. Ogawa, PhD, Professor
 Makenzie O'Neil, PhD, Assistant Professor
 Sara K. Stamp, PhD, Professor
 James A. Temple, PhD, Professor
 Mary True, PhD, Professor Emeritus
 Hoang J. Vu, PhD, Professor
 Paul Zarnoth, PhD, Associate Professor

LEARNING OUTCOMES

Upon completion of the requirements for the bachelor of science degree in psychology, students will be able to:

- **DEMONSTRATE** knowledge of and be able to critically analyze the theoretical approaches, research findings, and historical trends in psychology.
- **UNDERSTAND** multiple research methods and statistical tools and be able to use them to design research and collect, analyze, and interpret data, as well as proficiently write a research report using standard APA format.
- **DEMONSTRATE** an understanding of the multiple ways gender, culture, age, and sexual orientation affect psychological processes (e.g., perception, memory, learning, affect, social behavior, and development).
- **APPLY** psychological theory and research to real-world problems and issues.

MAJOR REQUIREMENTS

PSYCHOLOGY CORE CURRICULUM

Intended to give breadth and scope of the discipline, all psychology majors are required to fulfill the following four courses: **Psychology 1, 3, 103, and 110.**

FULL CREDIT COURSE REQUIREMENT

All course requirements for the Psychology major must be met by full credit courses. In other words, .25 and .50 credit courses may not be used to fulfill course requirements in the Psychology major.

COURSE PREREQUISITES AND REQUIREMENTS

A minimum grade of C– in all prerequisites is required for admission to all courses. Prerequisites may be waived at the discretion of the instructor.

CONCENTRATIONS

In addition to general psychology, there are four major concentrations in the Department of Psychology. A student may elect to follow any one of these programs for a bachelor of science degree:

GENERAL PSYCHOLOGY

For the student who wants a general education in psychology, a sequence of upper-division courses in addition to the psychology core curriculum is offered which must include one of **Psychology 126, 127 or 128**; two of **Psychology 140, 150, or 160**; one of **Psychology 100, 106, or 195**; and six upper-division Psychology electives.

BEHAVIORAL NEUROSCIENCE CONCENTRATION

For the student with an interest in the biological bases of behavior, a sequence of courses in addition to the psychology core curriculum which must include **Psychology 106**; two of **Psychology 126, 127 or 128**; two of **Psychology 140, 150 or 160**; one Biology course with a lab; one Chemistry course with a lab; **Math 27** or equivalent; and any two upper-division Psychology electives.

CHILD/ADOLESCENT DEVELOPMENT CONCENTRATION

For the student interested in working with individuals in educational or social service settings, a sequence of upper-division courses in addition to the psychology core curriculum is offered which must include: **Psychology 140** and **142**; one of **Psychology 126, 127** or **128**; one of **Psychology 150** or **160**; and one of **Psychology 100, 106** or **195**. The sequence must also include three courses from the list of **Psychology 008, 141, 143, 144, 147, 148, 165** or **174**, at least one of which must be **Psychology 141** or **144**. Finally, the sequence must also include two additional upper-division psychology electives.

CLINICAL/COUNSELING CONCENTRATION

For the student interested in clinical/counseling psychology or social work, a sequence of upper-division courses in addition to the psychology core curriculum is offered which must include **Psychology 140, 152, 170** and **174**; one of **Psychology 163, 165** or **168**; one of **Psychology 150** or **160**; one of **Psychology 126, 127, 128** or **129**; and one of **Psychology 100, 106** or **195**. The sequence must also include one of the following courses: **Psychology 104, 147, 148** or **157**, and one additional upper-division psychology elective.

SOCIAL PSYCHOLOGY CONCENTRATION

For the student interested in community or organizational psychology, a sequence of upper-division courses in addition to the psychology core curriculum is offered which must include **Psychology 160**; one of **Psychology 140** or **150**; one of **Psychology 126, 127** or **128**; and one of **Psychology 100, 106** or **195**. The sequence must also include three of the following courses: **Psychology 115, 147, 157, 163, 165, 168, 169, 172** or **180**, at least two of which must be **Psychology 163, 165, 168, 169, 172** or **180**. Finally, the sequence must also include three additional upper-division electives.

MINOR REQUIREMENTS

The minor in psychology requires **Psychology 1** and **3**, one upper-division elective, and three upper-division courses from the following five sets of options, no two of which are from the same set: **Psychology 110, 115, 126, 127** or **128**; **Psychology 140, 141, 142, 143, 144, 147** or **148**; **Psychology 150, 152, 170**, or **174**; **Psychology 172** or **180**; **Psychology 160, 163, 165, 168**, or **169**. Minors may fulfill only one upper-division course off-campus.

TRANSFER CREDIT IN PSYCHOLOGY

Students already enrolled at Saint Mary's College who wish to transfer credit for an off-campus psychology course other than **Psychology 1** must submit a formal petition to do so to the chair of the Psychology Department before enrolling in the course. Only one online course will be accepted for credit in this department.

C O U R S E S

LOWER DIVISION

1 Introduction to Psychology

An introduction to the science of how people think, feel, and behave. We will explore such topics as cognition, personality, culture, social interaction, development, emotion, and psychopathology. Students will learn about classic and contemporary research, a range of methods, and discover how psychology informs our understanding of what it means to be human. *This course satisfies the Social, Historical, and Cultural Understanding requirement of the Core Curriculum.*

3 Psychological Methods and Analysis I

This course is the first part of a two-semester sequence of courses that presents a survey of the complementary methodologies frequently used within the field of psychology. An emphasis will be placed upon the collection and analysis of data, with a focus on non- experimental methods and descriptive statistics. Students who enroll in this course must register for **Psychology 103** in the following semester. *Prerequisite: competence in basic algebra.*

11 Early Childhood Social-Emotional and Literacy Development

The course provides an overview of fundamental theories in early childhood socioemotional development as well as instruction on best practices in early childhood literacy education. The course is intended for Saint Mary's undergraduate students who are Jumpstart Corps members.

12 Special Topics in Psychology

Selected areas of psychology not covered by the regular department course offerings. Topics are announced prior to preregistration. Course may be repeated for credit as content varies. Potential topics include: psychology of racism; psychology in the courtroom; psychology of religion; sports psychology; environmental psychology.

13 Meditation (.25)

Students learn to use the Jose Silva theory of meditation to enhance performance and well being. Exercises are offered in stress reduction for the improvement of sports performance, for the enhancement of prayer life, and other areas of student interest. Course offered on a pass/ fail basis only. Does not count toward the major.

14 Advanced Meditation (.25)

Building upon the skills and knowledge gained in **Meditation 13**, students continue with more advanced aspects of the theory and practice of meditation. Course offered on a pass/fail basis only. Does not count toward the major. *Prerequisite: Psychology 13.*

UPPER DIVISION

100 Seminar in Psychology

An investigation of the history and philosophical foundations of modern psychology. Emphasis is on basic issues of psychology, emerging in the long philosophical tradition of Western civilization, which ground psychology as an empirical human science. *Prerequisite: Senior psychology major or consent of instructor.*

103 Psychological Methods and Analysis II

This course is the second part of a two-semester sequence of courses that presents a survey of the complementary methodologies frequently used within the field of psychology. An emphasis will be placed upon the collection and analysis of data, with a focus on experimental methods and inferential statistics. *Prerequisite: Psychology 3. This course satisfies the Writing in the Disciplines requirement of the Core Curriculum.*

104 Special Topics in Assessment and Testing

This course will offer an examination of testing topics such as norms, reliability, validity and item analysis within the context of an applied area of psychology such as forensic, counseling or cross-cultural. Special attention will be given to the use of tests and the role of testing in society. Course may be repeated for credit as content varies. *Prerequisites: Psychology 3.*

105 Advanced Psychological Statistics

Advanced research methods for evaluating psychological data utilizing SPSS. Topics generally include: theoretical sampling distribution, probability, decision theory, multiple analysis of variance, multiple regression analysis and factor analysis. *Prerequisites: Psychology 3, 103. This course satisfies the Mathematical Understanding requirement of the Core Curriculum.*

106 Experimental Research

An examination of the logic of experimentation and the strength of the experiment as a research method used to address psychological questions. Topics include experimental designs, data collection and analysis, data interpretation, oral and poster presentations, and writing APA-style papers. Students will be involved in the step-by-step dissemination and critical analysis of published experimental research. *Laboratory fee \$50. Prerequisites: Psychology 1, 3, 103.*

110 Psychobiology

The scientific study of the biology of behavior. Examines the neuroanatomical, neurochemical, and neurophysiological bases of behavior, including sensation, cognition, motivation, emotion, brain injury, and psychopathology. The course includes a laboratory component to reinforce and expand upon lecture material through the use of readings, computer models, and electrophysiology *Laboratory fee \$125. Prerequisites: Psychology 1 and sophomore standing.*

111 Forensic Psychology

This survey course is designed to introduce students to the complex interactions between Psychology, Assessment, Law and Violence. Students will be introduced to the process of applying psychological knowledge, concepts, and principles within the civil and criminal court systems. Also explored are the ethical concerns and multicultural issues facing the field. *Prerequisites: Psychology 1 and junior standing.*

115 Health Psychology

A study of the relationships among mental processes, behavior and physical health with an emphasis on the role of psychology in prevention and treatment of illness as well as promoting optimum health. *Prerequisites: Psychology 1 or Biology 15 or 25. This course satisfies the Common Good requirement of the Core Curriculum.*

126 Sensation and Perception

Examines the cognitive and physiological processes responsible for the acquisition and mental representation of sensory information. *Prerequisite: Psychology 1 and sophomore standing.*

127 Cognitive Science

An interdisciplinary approach to the study of the mind. What the mind is and its functions will be examined through diverse perspectives, including philosophy, cognitive psychology, neuroscience, linguistics, artificial intelligence, and robotics. Emphasis will be on cognition, with topics covering mental representation, vision, attention, memory, language, decision making, embodied cognition, and consciousness. *Prerequisite: Psychology 1 and sophomore standing.*

128 Neuropsychology

A comprehensive survey of the relation between behavior and brain activity across the human lifespan, examining theory and research on such topics as neurodevelopmental disorders; clinical neuropsychological assessment; and neuropharmacology, rehabilitation and functional neuroanatomy and physiology. *Prerequisites: Psychology 1 and sophomore standing.*

129 Cognitive Neurolinguistics

This course examines how human linguistic properties are acquired, developed, organized, and processed in our mind; and aims to pursue an inquiry about neural mechanisms that enable us to produce and comprehend language as a human communication tool. *Prerequisites: Psychology 1 and sophomore standing.*

131 Transpersonal Psychology

Transpersonal Psychology explores the boundaries between spirituality and modern psychology, transcending the self to include a broader sense of spirit and cosmos. We will be exploring the mystical experience as a psychological event. Readings will include psychologists such as Jung and Maslow, as well as works from mystical traditions (such as Judaism, Islam, Christianity, and Buddhist Psychology and Shamanism). *Prerequisite: Psychology 1.*

140 Human Development

An examination of the major theories of and influences on human development from conception through death, including the biological, cognitive, emotional, social and cultural dimensions of development. *Prerequisite: Psychology 1.*

141 Infancy and Childhood

In this course students study in depth the development of infants, toddlers, and preschoolers. Topics covered include the importance of infant-caregiver attachment in brain development as well as in early social-emotional development. Cognitive, language, and personality development are examined from multiple perspectives. Recent research on autism, early trauma, and effective interventions are also addressed. *Prerequisite: Psychology 140.*

Curriculum Psychology

142 Adolescent Development

An examination of development from late childhood through adolescence, including the biological, cognitive, emotional, social and cultural dimensions of development, with discussion of special topics, e.g., identity issues, cross-cultural issues and high-risk behaviors. *Prerequisite: Psychology 140.*

143 Adult Development

A study of the major psychological, social and cultural factors that influence development from early adulthood through old age. Students examine in depth a public policy that affects adults or families. *Prerequisite: Psychology 140.*

144 Middle Childhood

The purpose of this course is to examine the key developmental tasks of middle childhood, including the development of achievement motivation, positive peer relationships, moral responsibility, self-regulation and initial mastery of the skills important to one's culture. Students will observe children in a school setting. *Prerequisite: Psychology 140. This course satisfies the Community Engagement requirement of the Core Curriculum.*

147 Psychology of Gender

A critical review of the theory and research on gender from the biological, psychological and sociological perspectives. The course explores the social construction of gender and how it impacts human development and social behavior. Throughout the course, the interaction between gender and the complexities of race, culture and sexual orientation is considered. *Prerequisite: Psychology 1.*

148 The Exceptional Individual

Examines individuals with special needs, be they physical, cognitive or social/emotional. Causes, consequences and treatment approaches are covered, as well as implications for development issues. Students will be required to visit facilities and interview individuals. *Prerequisite: Psychology 140.*

150 Personality Psychology

A critical review of the traditional and modern theories of personality, including the psychoanalytic, neoanalytic, trait, behavioristic and humanistic perspectives, with a focus on personality development, assessment techniques and application of theory to everyday life. *Prerequisite: Psychology 1. This course satisfies the Social, Historical, and Cultural Understanding requirement of the Core Curriculum.*

152 Psychopathology

An exploration of major psychological disorders in childhood and adulthood. Topics include anxiety, mood, personality, psychotic, and neurodevelopmental disorders. Treatment, etiology, and the influences of culture and social context are also considered. *Prerequisites: Psychology 1 and junior standing.*

156 Personal and Professional Adjustment

A research-oriented treatment of personal and vocational adjustment, including: stress and stress tolerance, defensive and constructive coping, social and job satisfaction, behavior modification and interpersonal communication. *Prerequisites: Psychology 1.*

157 Human Sexualities

A review of the empirical evidence on human sexuality, with a focus on historical and cultural perspectives as well as the physiological, psychological and sociological basis for sexual behavior and sexual identity. *Prerequisite: Psychology 1.*

160 Social Psychology

An introduction to social psychology including the study of attitude formation and change, social interaction, social norms and cultural influences on personality formation. *Prerequisite: Psychology 1. This course satisfies the Social, Historical, and Cultural Understanding requirement of the Core Curriculum.*

163 Prejudice and Stereotyping

An investigation of theories of prejudice, stereotyping, and discrimination. Students will explore how stigmatized individuals are impacted by prejudice in American society. Methods to reduce prejudice will be considered, and the inevitability of prejudice will be addressed. *Prerequisites: Psychology 1 and any one of the following: Psychology 3, Psychology 160 or Ethnic Studies 1. This course satisfies the American Diversity requirement of the Core Curriculum.*

165 Cross-Cultural Psychology

An analysis of cultural influences on human behavior. Topics include cross-cultural methodology, perception, cognition, motivation, development, attitudes and prejudice, gender, adaptive and maladaptive patterns, and the construction of self. This course includes a community service learning component with CILSA. *Prerequisites: Psychology 1 and sophomore standing. This course satisfies the American Diversity requirement and the Community Engagement requirement of the Core Curriculum.*

168 Topics on Culture, Race, and Ethnicity in Psychology

An examination of the social construction of ethnicity and race, as well as the values, assumptions, and biases we hold regarding race, ethnicity, and related issues. The course will also explore how race, ethnicity, and culture intersect with mental health. Topics may include African American Psychology, Chicano/a Psychology, Asian American Psychology, etc. *Prerequisite: Psychology 1, or Sociology 2 or 4, or Ethnic Studies 1. This course satisfies the American Diversity requirement of the Core Curriculum.*

169 Attitudes and Attitude Change

This course will examine the nature and structure of attitudes as well as the forces involved in attitude change. Applied topics such as stereotypes, group influence, marketing, and job interviews will be examined. *Prerequisites: Psychology 1.*

170 Theories of Counseling

A critical review of traditional and modern theories of counseling and psychotherapy. *Prerequisites: Psychology 1.*

172 Groups, Organizations and Societies

A discussion of organizational theory and group dynamics, always presented within a broader societal context. Topics include leadership, teamwork and productivity, group decision making, conflict resolution, culture, diversity, and globalization. *Prerequisites: Psychology 1 or junior standing in psychology, business administration or sociology.*

174 Psychology of the Family

A study of family dynamics and the influences which contribute to family dysfunction. Examination includes relationships between family patterns and childhood disorders. *Prerequisites: Psychology 1 and sophomore standing.*

180 Organizational Psychology

Examines the major theoretical findings in the field concerning the relationship between the individual and the organization, including the study of motivation, leadership, training, selection, performance management, corporate culture and organizational development. *Prerequisites: Psychology 1, 3 or equivalent.*

195 Internship

Students work 80 hours at a field placement site of their choosing and attend weekly class sessions. A series of papers/ assignments address career and personal goals as well as the relationship between the field placement work and concepts learned in the psychology major. *Prerequisites: Psychology 103, senior standing, and approval of the course instructor. This course satisfies the Community Engagement requirement of the Core Curriculum.*

197 Special Study

An independent study or research course for students whose needs are not met by the regular course offerings of the department. *Permission of the sponsoring faculty member and department chair is required.*

199 Special Study – Honors

Independent study and research on campus in an area of interest to the student culminating in a written presentation of the problem, method of analysis and findings. *Prerequisites: upper-division standing as a psychology major, B average in upper-division psychology courses already taken, consent of the instructor and department chair. May be repeated for credit if content varies.*